

Corcoran High School

Student – Athlete Handbook

2018 – 2019

(07/25/2018)

Parent Concerns:

We ask that all parents call the athletic department (992 – 8888 Ext. 6211) when any of the following have occurred and or need our attention:

1. Too many practices are being cancelled.
2. Not enough practices are being scheduled for the betterment of the team during the season and or over winter / spring break if applicable to your child's sport.
3. Coaches / players are using inappropriate language / conducting in manners that are not consistent with CUSD expectations of all coaches.
4. Questions, concerns or needed clarity that pertain to any and all of the below mentioned areas of this student-athlete handbook. (Se habla espanol).

Athletic Philosophy

The Corcoran Unified School District believes that an athletic program provides opportunities for students to acquire tools for lifelong personal growth. These tools include self-discipline, ability to work as part of a team, perseverance, desire to play fair, and grace in winning and losing. Furthermore, lifelong participation in physical activity is valuable for physical and mental health and fitness.

In order to provide the greatest benefit to student-athletes, the Corcoran Unified School District will make every attempt to hire coaches who exemplify those skills listed above and provide within the limits of available resources the broadest range of competitive programs for all who wish to participate.

While the Corcoran Unified School District takes pride in winning, we do not condone "Winning at any cost" and discourage any and all pressures, which may lead to poor sportsmanship. At all times, CHS Athletic Program will be conducted in a way that is complementary and supportive of the educational program approved by the Corcoran Unified School District.

Sportsmanship

The underlying value of all high school activities is sportsmanship. Sportsmanship creates the moral framework, ethical content and the balanced perspective for winning and losing. Moreover, sportsmanship establishes the standard for the conduct of participants, fans and the contest itself. In all, sportsmanship assists in the character development of the participants and contributes to the strength and civility of sports and ultimately society.

As the people out front, coaches and student-athletes have a unique opportunity to impact the future of athletics. Sportsmanship should be everyone's personal goal. No contest's outcome is worth an ugly incident due to some spur-of-the-moment action. We must create an environment that is conducive to a higher goal than a

win-at-all-cost environment. If we are successful in this, we will have attained a more lasting mark than a victory could possibly bring.

Expectations of Athletes

I. Participation

Athletics is voluntary. Participation is not required for graduation and thus, being on a sports team is a privilege, which must be earned and is not a right. With that privilege come expectations both on and off the field.

II. Athletics as a Part of the Educational Program

Athletics are just one of many parts of the education program that are provided to students. The reasons students are in school are to learn, maintain eligibility and graduate. With that said, maintaining academic eligibility is the student-athlete's responsibility that requires managing your study time outside of practices / games. If practices / games are being missed due to time management issues, it may reflect in the student-athletes loss of playing time, end of year awards (lettering), and the decision by the coach and or parent(s) that perhaps the commitment to a given sport is not in the best interest of the student-athlete. In addition, a student-athlete will miss a portion of their next sport, should they be dismissed / quit after the designated date set for each season of sport. In all, the commitment a student-athlete makes to his/her team and coach requires that choices be made and priorities kept.

III. Being a Part of the Team

Athletes learn many skills to play their chosen sport. One of the more important skills that must be learned is teamwork. To be successful, every member of the team must work together to make the whole greater than the sum of its parts. Sacrifice, loyalty, common goals, working with others and sharing responsibility are all important components of teamwork. In a nutshell, your teammates and coaches are counting on you to be at all practices / games and being a good teammate.

IV. Coming Ready to Play

Athletes should come to practice on time, ready to listen and ready to learn. Athletes should be prepared physically and mentally for the season. This includes training in the preseason and taking care of your body and mind during the season. While at home, do your best to get the needed rest that is required of you. In addition, set a schedule that allows for homework and study time so as not to fall behind academically and in good standing with your coaches and teammates.

V. Dedication

The athlete should be aware that nothing worthwhile is accomplished without hard work and a sincere desire to succeed. The athlete must also realize that he/she must work out of season as well as during the season and must be willing to sacrifice his/her own desires for the good of the team. See #IV above with respect to prioritizing your times for homework and sufficient rest.

VI. Respect

At the very core of citizenship is respect---respect for self and for others, namely coaches, teachers, officials, spectators, school facilities, equipment and opponents. Be on your best behavior at all times while at practice, games, whether at home or on the road.

VII. To Improve

As an athlete, you must establish goals and constantly strive to better yourself in order to reach those goals. Develop a desire to excel and always give your best effort.

Student-Athlete Participation Requirements

I. Eligibility

A. The eligibility requirements for participation in athletics are:

- 1. Students must maintain acceptable academic standing in order to remain and/or gain athletic eligibility. Eligibility is based on grades computed from the previous quarter/semester grading period(s); debts incurred from the previous year; and showing minimal progress towards graduation. To be academically eligible, a student-athlete must earn a 2.00 GPA at the end of the previous grading period, NOT be behind in credits as per grade standing and have debts paid in full from the previous school year (See #2.) If behind in credit, the site principal will determine whether a student-athlete is showing minimal progress for participation in a given sport.**
- 2. A student athlete's debts for lost equipment, books, materials and/or other school related debts from the previous year must be paid in full once the new academic year begins. It is the student's responsibility to make sure that all debts from the previous year have been paid in full by visiting the activities office (992 – 8888 Ext. 6211)**
- 3. Athletic competition demands strenuous physical activity. Therefore, a medical examination and doctor's approval for continued participation in athletics is required annually and must be on file in the Athletic Department at Corcoran High School. The governing body of high school athletics, the CIF, recommends that student-athletes obtain their physicals in June, for the physical will now allow the student-athlete to participate in all summer activities as well as the entire school year. Physicals are good for one year from the date taken. Physical forms may be picked up in the CHS Activities Office.**
- 4. All athletes and their parents must sign the CIF Ethics in Sports policy and Steroids policy (See last few pages.) The acts and penalties discussed in the "Violations and Minimum Penalties" section will be strictly adhered to. Again, please see last pages of this packet.**

B. A student-athlete may immediately forfeit eligibility to participate in all athletic activities for a minimum of nine (9) school-weeks for the first offense if it is determined by the Principal or his/her designee that the student has committed any of the following infractions during school or school sponsored activities:

- 1. Unlawfully possessed, sold or otherwise furnished any firearm, knife or other dangerous and/or illegal object or weapon.**
- 2. Unlawfully possessed, sold or otherwise been under the influence of alcohol, tobacco, illegal drugs and/or androgenic/anabolic steroids.**

****The accused student will be contacted personally to give him/her the opportunity to rebut the allegations or explain the circumstances. Failure of the student to cooperate in such an investigation will result in the disciplinary action listed above. A student-athlete will lose the right to participate in athletics for one calendar year from the time of the infraction if they are found to have violated the abovementioned infractions a second time.**

C. A student may forfeit the privilege of participation in his/her season of sport if the student has been suspended more than once during that particular season of sport.

D. Any student who fails to make an athletic team or quits an athletic team PRIOR to the Quit / Dismissed Deadline (See "E" Below) may immediately try out for another sport during that season of sport. We recommend that the student-athlete make immediate contact with the coach of the new sport as soon as possible and that they understand that they may be weeks behind those trying to make the same team.

E. Any student-athlete who quits or is dismissed from a team will forfeit their opportunity to participate in the first four (4) weeks of the next sport that they choose to participate in, if still eligible. Student-athletes will have a thirty-day (30) grace period after the first day of each season of sport to decide if that sport is for them. After thirty-days (30), all student-athletes who either quit or are dismissed will be suspended for four (4) weeks of the next sport that they choose to tryout for. See CIF Central Section Website for the start date to the Fall, Winter and Spring Seasons of Sport.

II. Equipment

The head coach of the sport will issue all necessary equipment for a given sport. Each student is financially responsible for any equipment checked out to him/her. At the end of the season all equipment that is checked out must be turned in or the student-athlete will have to pay the cost of the missing / lost equipment. Failure to pay for the lost / missing equipment will result in immediate suspension from sports that the student-athlete wishes to play the following year until paid in full. It is the responsibility of the student-athlete to pay for all missing equipment / uniforms. ALL equipment / uniforms are to be turned in to the coach of their respective sport, NOT the CHS Main / Athletic Offices.

III. Locker Room / Gymnasiums / Stadiums

No athlete is to be in a locker room, gym, enclosed setting unless supervised by a member of the coaching staff. Do NOT enter facilities unless your coach is present.

IV. Individual Sports Rules

In addition to the above general school-wide policies, each sport will have a set of rules and regulations specific to a given sport. Head coaches will have these available for students and parents to sign. Failure to have team rules signed by the student-athlete and parent/guardian may forfeit participation of student-athlete until signed team rules are on file.

V. Lettering & Awards

Minimal requirements for lettering in a sport vary from sport to sport. Attendance minimums, participation minimums, etc. may impact a student-athlete's ability to earn a letter and or award at the end of the season. Coaches make the final determination as to who earns a letter or award at the end of the season.

VI. Appeal Procedures

An athlete or coach may appeal all disciplinary decisions to the athletic director. If either party is dissatisfied with the decision, they may further appeal to the site principal. If either party is dissatisfied with the principal's decision they may further appeal to the superintendent and finally to the CUSD Board of Trustees.

VII. Transportation

It is recommended that all students go and return from all events with his/her team. If a student wishes to travel to and from an event with THEIR parent/guardian, the parent/guardian must write a note to the head coach and personally hand it to the coach for approval for EACH event as per board policy effective 2016. We strongly urge that the parent contact the coach in as timely manner as possible, so as to avoid game time decisions by the coach. The dated release note should state that the parent/guardian is driving his/her child to and or from the contest and accepts full responsibility for his/her child. Under no circumstances can a student-athlete be released to ANYONE other than their parent / guardian seeking alternative transportation.

VIII. Early Dismissal

Students dismissed early from school to attend athletic events are to report as quickly as possible to the front of the school, gym or assigned leaving area. No student released early is to be wandering campus bothering students or classrooms. If your release time corresponds with the beginning of your next class period or is a few minutes after your next class period, it is the student's responsibility to check in with the teacher of that next class period. Failure to report to your next class period may result in non-participation of next event(s).

IX. Insurance

Please note that the insurance of the student athlete's parent / guardian is the primary insurance when filing an accident report. The schools' (Corcoran High School) insurance is SECONDARY.

****Please sign, staple and have your child return these last three (3) pages to his / her coach. Please keep the previous pages of this student-athlete handbook for reference. Thank you.**

Potential Dangerous Sports Activity Certificate Agreement

The following is a copy of the student/parent notice release and agreement form that all student-athletes and parent/legal guardian must sign: Please read carefully, fill out and turn into the athletic department office with physical application and CIF Form.

Student Name: _____

I understand that a sporting activity is a hazardous recreational activity, which may result in serious injuries, including death. It is the intent of the Sport Activity Certificate to eliminate liability for negligence of the Corcoran Unified School District, officers, employees, agents and volunteers (herein collectively referred to as "CUSD") from all liability arising out of or in connection with the above-described activity.

I hereby give my consent for the above named student to compete in the CUSD approved activity program, and travel with school representatives on authorized school trips. I, the undersigned, hereby release and discharge the CUSD officers, employees, agents, and volunteers from all liability arising out of or in connection with the above-described activity or all liabilities associated with any and all claims related to such activity that may be filed on behalf of or for the above named minor. For the purposes of this agreement, liability means all claims, demands, losses, causes of action, suits or judgments of any and every kind, that occurs during the above described activity and that results from any cause other than the sole active negligence or willful misconduct of the CUSD.

Student – Athlete's Name: _____

I AM THE PARENT OR LEGAL GUARDIAN OF THE STUDENT LISTED ABOVE. I HAVE READ THIS RELEASE AND I AGREE TO ABIDE BY THE ATHLETIC/EXTRA-CURRICULAR POLICIES DESCRIBED IN THE STUDENT ATHLETE HANDBOOK OF CORCORAN HIGH SCHOOL.

Date: _____

Signature of Parent/Legal Guardian" _____

Print Student Name: _____

**AGREEMENT FOR STUDENT-ATHLETE / PARENT
REGARDING USE OF STEROIDS**

PRINT NAME OF STUDENT: _____

As a condition of membership in the California Interscholastic Federation (CIF), the Governing Board of the Corcoran Unified School District has adopted Board Policy # 5131.63 prohibiting the use and abuse of androgenic/anabolic steroids. CIF Bylaw 524 requires that all participating students and their parents/guardian sign this agreement.

By signing below, we agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition.

We recognize that under CIF Bylaw-200.D the student may be subject to penalties, including ineligibility for any CIF competition, if the student or his/her parent/guardian provides false or fraudulent information to the CIF.

We understand that the student's violation of the school district's policy regarding steroids may result in discipline against him/her, including, but not limited to, restriction from athletics, suspension or expulsion.

Print Name of Student-Athlete: _____

Signature of Student-Athlete: _____

Date: _____

Signature of Parent/Legal Guardian/Caregiver: _____

Date: _____

Keep Their Heart in the Game

Recognize the Warning Signs & Risk Factors of Sudden Cardiac Arrest (SCA)

Tell Your Coach and Consult Your Doctor if These Conditions are Present in Your Student-Athlete

Potential Indicators That SCA May Occur

- Fainting or seizure, especially during or right after exercise
- Fainting repeatedly or with excitement or startle
- Excessive shortness of breath during exercise
- Racing or fluttering heart palpitations or irregular heartbeat
- Repeated dizziness or lightheadedness
- Chest pain or discomfort with exercise
- Excessive, unexpected fatigue during or after exercise

Factors That Increase the Risk of SCA

- Family history of known heart abnormalities or sudden death before age 50
- Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- Family members with unexplained fainting, seizures, drowning or near drowning or car accidents
- Known structural heart abnormality, repaired or unrepaired
- Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks or performance-enhancing supplements

What is CIF doing to help protect student-athletes?

CIF amended its bylaws to include language that adds SCA training to coach certification and practice and game protocol that empowers coaches to remove from play a student-athlete who exhibits fainting—the number one warning sign of a potential heart condition. A student-athlete who has been removed from play after displaying signs or symptoms associated with SCA may not return to play until he or she is evaluated and cleared by a licensed health care provider. Parents, guardians and caregivers are urged to dialogue with student-athletes about their heart health and everyone associated with high school sports should be familiar with the cardiac chain of survival so they are prepared in the event of a cardiac emergency.

I have reviewed and understand the symptoms and warning signs of SCA and the new CIF protocol to incorporate SCA prevention strategies into my student's sports program.

STUDENT-ATHLETE SIGNATURE

PRINT STUDENT-ATHLETE'S NAME

DATE

PARENT/GUARDIAN SIGNATURE

PRINT PARENT/GUARDIAN'S NAME

DATE

For more information about Sudden Cardiac Arrest visit

California Interscholastic Federation
<http://www.cifstate.org>

Eric Paredes Save A Life Foundation
<http://www.epsavealife.org>

National Federation of High Schools
(20-minute training video)
<https://nfhslearn.com/courses/61032>



Mantenga su corazón en el juego

Reconozca los factores de riesgo y los signos de advertencia del Paro Cardíaco Repentino (PCR)

Dígale al entrenador y consulte a su médico si su atleta adolescente padece estos síntomas

Posibles indicadores de que podría suceder un PCR

- Colapso o convulsiones, especialmente justo después de ejercitarse
- Colapso frecuente, o por emoción o susto
- Falta excesiva de aliento durante el ejercicio
- Taquicardia o palpitaciones, o ritmo cardíaco irregular
- Mareo o aturdimiento frecuente
- Dolor o malestar en el pecho al ejercitarse
- Fatiga excesiva e inesperada durante o después del ejercicio

Factores que incrementan el riesgo de que suceda un PCR

- Un historial clínico familiar de anomalías cardíacas conocidas o muerte repentina antes de los 50 años
- Un historial clínico familiar específico con casos del síndrome del QT largo, síndrome Brugada, miocardiopatía hipertrófica o displasia arritmogénica del ventrículo derecho (DAVD)
- Familiares que han sufrido sin explicación, colapsos, convulsiones, un accidente automovilístico, que se han ahogado o han estado a punto de ahogarse
- La presencia de una anomalía estructural del corazón, reparada o no reparada
- El consumo de enervantes tales como cocaína, inhalantes, drogas "recreativas," bebidas de energía en exceso, y sustancias o suplementos para mejorar el rendimiento

¿Qué hace la CIF para fomentar la protección de los atletas adolescentes?

California Interscholastic Federation (CIF) enmendó sus estatutos para poder incluir lenguaje que incluye capacitación acerca del PCR como requisito en la certificación de entrenadores deportivos. Además, esto ayuda a incluirla en el protocolo de entrenamiento y juego para que los entrenadores tengan la autoridad de sacar del juego a un atleta adolescente que se colapse, ya que éste es uno de los principales signos de advertencia de que existe una afección cardíaca. El atleta adolescente que haya sido suspendido de un juego después de mostrar signos o síntomas asociados con un PCR, no puede volver a jugar hasta que un médico certificado le haya evaluado y aprobado. Se les insta a los padres, tutores y cuidadores a que hablen con sus atletas adolescentes acerca de la salud del corazón. Igualmente, todos aquellos que están involucrados de alguna manera con deportes entre el noveno y doceavo grado, deben familiarizarse con la cadena de supervivencia cardíaca para que estén preparados en caso de una emergencia cardíaca.

He leído y entendido los síntomas y los signos de advertencia del PCR y el nuevo protocolo de la CIF para incluir medidas para prevenir que suceda un PCR dentro del programa deportivo de mi estudiante.

FIRMA DEL ATLETA ADOLESCENTE

NOMBRE DEL ATLETA ADOLESCENTE

FECHA

FIRMA DEL PADRE/TUTOR

NOMBRE DEL PADRE/TUTOR

FECHA

Para mayor información acerca del Paro Cardíaco Repentino, consulte

California Interscholastic Federation
<http://www.cifstate.org>

Eric Paredes Save A Life Foundation
<http://www.epsavealife.org>

National Federation of High Schools
(video de capacitación de 20 minutos)
<https://nfhslearn.com/courses/61032>



Keep Their Heart in the Game

A Sudden Cardiac Arrest Information Sheet for Athletes and Parents/Guardians

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the victim to collapse. The malfunction is caused by a congenital or genetic defect in the heart's structure.

How common is sudden cardiac arrest in the United States?

As the leading cause of death in the U.S., there are more than 300,000 cardiac arrests outside hospitals each year, with nine out of 10 resulting in death. Thousands of sudden cardiac arrests occur among youth, as it is the #2 cause of death under 25 and the #1 killer of student athletes during exercise.

Who is at risk for sudden cardiac arrest?

SCA is more likely to occur during exercise or physical activity, so student-athletes are at greater risk. While a heart condition may have no warning signs, studies show that many young people do have symptoms but neglect to tell an adult. This may be because they are embarrassed, they do not want to jeopardize their playing time, they mistakenly think they're out of shape and need to train harder, or they simply ignore the symptoms, assuming they will "just go away." Additionally, some health history factors increase the risk of SCA.

What should you do if your student-athlete is experiencing any of these symptoms?

We need to let student-athletes know that if they experience any SCA-related symptoms it is crucial to alert an adult and get follow-up care as soon as possible with a primary care physician. If the athlete has any of the SCA risk factors, these should also be discussed with a doctor to determine if further testing is needed. Wait for your doctor's feedback before returning to play, and alert your coach, trainer and school nurse about any diagnosed conditions.

FAINTING
is the
#1 SYMPTOM
OF A HEART CONDITION

What is an AED?

An automated external defibrillator (AED) is the only way to save a sudden cardiac arrest victim. An AED is a portable, user-friendly device that automatically diagnoses potentially life-threatening heart rhythms and delivers an electric shock to restore normal rhythm. Anyone can operate an AED, regardless of training. Simple audio direction instructs the rescuer when to press a button to deliver the shock, while other AEDs provide an automatic shock if a fatal heart rhythm is detected. A rescuer cannot accidentally hurt a victim with an AED—quick action can only help. AEDs are designed to only shock victims whose hearts need to be restored to a healthy rhythm. Check with your school for locations of on-campus AEDs.



The Cardiac Chain of Survival

On average it takes EMS teams up to 12 minutes to arrive to a cardiac emergency. Every minute delay in attending to a sudden cardiac arrest victim decreases the chance of survival by 10%. Everyone should be prepared to take action in the first minutes of collapse.

Early Recognition of Sudden Cardiac Arrest



Collapsed and unresponsive.
Gasping, gurgling, snorting, moaning
or labored breathing noises.
Seizure-like activity.

Early Access to 9-1-1



Confirm unresponsiveness.
Call 9-1-1 and follow emergency
dispatcher's instructions.
Call any on-site Emergency Responders.

Early CPR



Begin cardiopulmonary resuscitation
(CPR) immediately. Hands-only CPR involves fast
and continual two-inch chest compressions—
about 100 per minute.

Early Defibrillation



Immediately retrieve and use an automated
external defibrillator (AED) as soon as possible
to restore the heart to its normal rhythm. Mobile
AED units have step-by-step instructions for a by-
stander to use in an emergency situation.

Early Advanced Care



Emergency Medical Services (EMS)
Responders begin advanced life support
including additional resuscitative measures and
transfer to a hospital.

Mantenga su corazón en el juego

Una ficha informativa acerca del Paro Cardíaco Repentino para atletas y sus padres/tutores

¿Qué es el Paro Cardíaco Repentino?

El Paro Cardíaco Repentino (PCR) sucede cuando el corazón súbita e inesperadamente deja de latir. Cuando esto sucede, se detiene el flujo sanguíneo hacia el cerebro y otros órganos vitales. El PCR *no* es un paro cardíaco. Un paro cardíaco es causado por una obstrucción que detiene el flujo sanguíneo hacia el corazón. El PCR es una falla en el sistema eléctrico del corazón que hace que la víctima se colapse. Un defecto genético o congénito en la estructura del corazón es la causa de la falla.

¿Qué tan común es el PCR en los Estados Unidos?

Por ser la principal causa de muerte en los EE. UU. cada año suceden más de 300,000 paros cardíacos lejos de los hospitales, de los que nueve de cada diez son mortales. Miles de jóvenes son víctimas de los paros cardíacos repentinos por ser la segunda causa de muerte en menores de 25 años y la principal razón por la que mueren los atletas adolescentes durante el ejercicio.

¿Quién corre el riesgo de sufrir un paro cardíaco repentino?

Los atletas adolescentes corren más riesgo de sufrir un paro cardíaco repentino debido a que tiende a suceder durante el ejercicio o la actividad física. Aunque una enfermedad cardíaca no siempre demuestra signos de advertencia, los estudios demuestran que muchos jóvenes sí tienen síntomas pero no se lo dicen a un adulto. Esto puede ser porque les da pena, no quieren que los saquen de un partido, creen erróneamente que les falta condición física y solamente necesitan entrenar más, o simplemente ignoran los síntomas y suponen que "desaparecerán." Algunos factores de antecedentes clínicos también aumentan el riesgo de que suceda un PCR.

**EL COLAPSO
ES EL
SÍNTOMA #1
DE LA ENFERMEDAD CARDÍACA**

¿Qué debe hacer si su atleta adolescente padece alguno de estos síntomas?

Debemos informarles a los atletas adolescentes que si padecen cualquier síntoma del PCR, es de suma importancia avisarle a un adulto y consultar con un médico de cabecera lo antes posible. Si el atleta presenta cualquiera de los factores que incrementan el riesgo de que suceda un PCR, deberá consultar a un médico para ver la posibilidad de que se le hagan más pruebas. Espere la respuesta del médico antes de que su adolescente vuelva a jugar y además, avise a su entrenador y a la enfermera escolar de cualquier afección diagnosticada.

¿Qué es un DESA?

La única manera de salvar a una víctima del paro cardíaco repentino es con un desfibrilador externo semiautomático (DESA). Un DESA es un aparato portátil y fácil de utilizar que automáticamente diagnostica ritmos cardíacos potencialmente mortales y administra un impulso eléctrico para restaurar el ritmo normal. Cualquiera puede utilizar un DESA hasta sin capacitación previa. El aparato cuenta con instrucciones en audio que indican cuándo deben presionar un botón para administrar el impulso eléctrico, mientras que existe otro tipo de DESA que administra un impulso automático al detectar un ritmo cardíaco mortal. Un socorrista no puede lesionar accidentalmente a la víctima con un DESA, más bien, entrar en acción rápido ayuda. El DESA está diseñado para administrar el impulso eléctrico únicamente a las víctimas cuyos corazones necesitan restaurarse a un ritmo cardíaco saludable. Infórmese acerca de la ubicación de un DESA en su escuela.



La cadena de supervivencia cardíaca

En promedio, los equipos de servicios médicos de emergencia tardan 12 minutos en llegar en caso de emergencias cardíacas. Cada minuto que no se atiende a una víctima de PCR reduce la posibilidad de supervivencia en un 10 %. Todos debemos estar preparados para entrar en acción tras los primeros minutos después de un colapso.

Reconocimiento inmediato de un Paro Cardíaco Repentino



La víctima se ha colapsado y no responde. Está gorgoteando, resoplando, gimiendo, le falta el aliento o tiene dificultad al respirar. Se comporta como si le estuviera dando una convulsión.

Llamada inmediata al 9-1-1



Confirme pérdida de conciencia. Llame al 9-1-1 y siga las indicaciones del operador. Llame a quien le pueda ayudar con la emergencia médica ahí mismo.

RCP inmediata



Comience la reanimación cardiopulmonar (RCP) inmediatamente. La RCP con solo las manos se hace con compresiones torácicas de 5 cm rápidas, como 100 por minuto.

Desfibrilación inmediata



Consiga y utilice inmediatamente un desfibrilador externo semiautomático (DESA) para restaurar el ritmo cardíaco saludable. Las unidades portátiles de DESA cuentan con indicaciones paso por paso para que cualquier persona las pueda usar en situaciones de emergencia.

Apoyo vital inmediato



El personal de los servicios médicos de emergencia comienza el apoyo vital avanzado, incluso las medidas de resucitación y traslado a un hospital.